



## CATAWBA COUNTY

### Public Health Department

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### **PUBLIC HEALTH OFFERS 3 WAYS TO GET A FLU SHOT**

Catawba County Public Health is gearing up to protect you from the flu by offering a variety of ways to receive a flu shot. Recent reports indicate that there is not a shortage of flu vaccine this season. "By offering flu shots in a variety of locations, we hope to encourage people to get a flu shot this year," states Doug Urland, Health Director.

Beginning Monday, November 13, 2006, by appointment ONLY, flu shots will be available for ALL people ages six months and older at the Catawba County Public Health Department. FREE flu shots will be available to children ages 6 months – 18 years of age who are considered high risk. The Centers for Disease Control and Prevention guidelines considers high-risk children to be the following:

- All children aged 6 months thru 59 months
- Children aged 6 months through 18 years with conditions such as diabetes, heart and lung disease, are immune compromised, or on long term aspirin therapy.
- Any child (6 months – 18 years of age) that is in a household (lives with) contact of
  - Any child 0 through 59 months or
  - Any high risk child or adult

For an appointment call the Catawba County Public Health Department at 828-695-5800, between 8 am – 5 pm, Monday thru Friday.

Finally, Catawba County Public Health and Catawba Valley Medical Center will partner together to provide flu shots at the Health First Center located in Valley Hills Mall, on the lower level beside Belk. People 5 years of age and older are invited to come and get a flu shot on:

- Wednesday, November 15<sup>th</sup>, from 7 am – 9:30 am
- Wednesday, November 29<sup>th</sup>, from 7 am – 9:30 am

Flu shots will be given "first come, first serve" – no appointment needed.

All flu shot locations will accept Medicaid and Medicare Part B insurance. There will be no charge to persons with Medicare Part B, but a claim will be filed. The Medicare Part B card and social security card must be presented at the time of service. For anyone who does not have Medicaid or Medicare Part B coverage, flu shots will be available for \$24 and can be paid by CASH and CHECK ONLY. Anyone receiving a flu shot should present an ID card.

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, if you are at risk of having serious flu complications or live with or care for those at high risk for serious complications, you should get a flu shot EVERY YEAR.

The Centers for Disease Control and Prevention guidelines considers high-risk adults to be the following:

- People 50 years and older;
- People who live in nursing homes and other long-term care facilities that house those with long-term illnesses;
- People who are household contacts and out of home caregivers of infants or children ages 0 to 5 years of age;
- Adults with chronic heart or lung conditions, including asthma;
- Adults who need regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicines or by infection with human immunodeficiency virus (HIV/AIDS));
- Women who will be pregnant during the influenza season;
- All healthcare personnel; and
- People with any condition that can compromise respiratory function or the handling of respiratory secretions (that is, a condition that makes it hard to breathe or swallow, such as brain injury or disease, spinal cord injuries, seizure disorders, or other nerve or muscle disorders.)

**For more information about flu clinics and how to protect yourself from the flu call Catawba County Public Health at (828) 695-5800 or visit the website at [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).**

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